



Closing General Session

Friday, April 29

10:15 a.m. to 12:00 Noon

Blaine Kern Ballroom

'PHYSICIAN,' HEAL THYSELF

Looking Inside Yourself When Working with Youth

Alice Lovelace



Lovelace

“Physician,” Heal Thyself

**Everyone thinks of changing
the world, but no one thinks of
changing himself.** *~Leo Nikolaevich Tolstoy*

When we work with youth:

- Everyday we ask young people to change.
- Everyday we ask young people to overcome the negative actions and antisocial influences in their lives.
- Everyday we ask young people to forget the past and to approach life as if they have been born anew.

Youth Feel Adults:

- Don't listen to them
- Expect more from them than they are willing to do/give
- Have low expectations of them

What is Expected of Us

- Acknowledge that the youth are not blank slates.
- Never treat young people as they treat you—treat them as you would like to be treated.
- **Be Kind**

What Good is Kindness?

- People say:
 - It will only make me a target
 - They will think I am weak
 - They have to earn it

Naomi Shihab Nye

➤ Before You Know Kindness

What are You Willing to Do?

- A real leader faces the music, even when he doesn't like the tune.

Before you Work on Others, Work on Yourself.

- Self development—the desire to better ones self
 - Assess--Reflect --Act
- To continue the work get connected—create a community.
- Keep a journal—don't just write in it—read it
- Develop a vocabulary that supports your work and vision

Self Awareness

Why you do what you do

- Until you examine your life, your values, the myths you act on, but may not totally believe in....how can you open the way for change or for deeper expression of the real you?

“The Four Agreements”

don miguel ruiz

-a code of personal conduct from Toltec ancestors

- Do you want to be ‘good’ are do you want to be your ‘best self’
 - ✓ It takes courage to challenge your beliefs (even when you have come to understand that the ‘belief’ is holding you in judgement/making you a victim)
 - ✓ Fear is our greatest barrier to change—fear holds us in check—through fear we create our own hell
 - ✓ To be alive is the greatest fear---to express who we really are—we fear not being good enough, not being accepted

What does it take

- A strong will
- There is no such thing as perfection---there is only what is—yet we judge ourselves and others by a false sense of perfection
- Self judgment is the cruelest judge
- Another way is possible—everything necessary is already within us
- Make a new set of agreements and claim your personal power and change your life

The First Agreement

- Be impeccable with your word--This is how you express your intentions, who you are, what you believe in, what you think of others
- Your word can create beauty or destruction---can set you free or enslave you
- The word is like a seed---do not spread seeds of fear—words that go against you

The First Agreement

- Avoid gossip—it's like spreading a virus
- Use your energy in a direction of truth and love for yourself
- Change first the way you deal with yourself, then how you deal with others

The Second Agreement

- Don't take anything personally
 - ✓ Everything is not about you
 - ✓ You are not responsible for what others do
 - ✓ Don't take others opinions as truth—it makes you easy prey

The Third Agreement

- Don't Make Assumptions
- Assumptions are opinions justified as fact
 - ✓ We make assumptions about everything
 - ✓ About others and ourselves

Ask Questions!!

The Fourth Agreement

- Always Do Your Best
 - ✓ Not the same one moment to the next
 - ✓ Live intensely and intentionally and fully
 - ✓ Take action because you love it
 - ✓ Let action be its own reward

Self Expression--An outlet for your emotions and aspirations--A way to practice the change we want to see

Growth--A willingness to change

Change--Each step along the way you are creating a new story/myth of who you are and why you do what you do

Assess

Reflect

Act

Armed with Art

- To be fortified in your work with a set of stories and defining myths that express your core values so that who you are and what you do are in alignment with your core beliefs.

If We Want to Change

- We must tell stories that support that change
- Stories that illustrate how people, communities, nations can work in partnership to solve problems.
- Stories that rejects the notion that our youth are disposable and beyond our help.

Tell your stories

- Stories that are lesson in individual and community transformation
- Spread your vision of a world that refuses to think of children as disposable, broken, incapable of redemption.
- Create myths of a world that knows and values healing, hope, and happiness.

Own your emotions

Model using “I” statements

Commit yourself to use language which

Encourages

Inspires

Motivates

Praises

- Learn from your mistakes
- Take risks
- Don't be afraid
- Let go of the past
- Don't surrender to self-pity
- Say 'no' when you want to say 'no'
- Say 'yes' when you want to say 'yes'
- Love yourself
- Love others

Mohandas K. Gandhi

- "Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny."